



Motion ... Getting Moving!

Exercise is good for everyone, but is really important when you have diabetes. Regular exercise can help you:

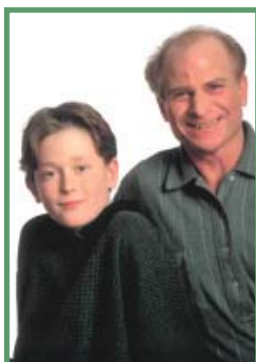
- Better control your blood glucose. When you are active, your body uses glucose faster.
- Control your weight by burning calories and fat.
- Improve your overall health. It improves blood flow, blood pressure and makes your heart and lungs stronger.
- Feel better, physically and emotionally. Activity increases your energy level, helps you lower tension and handle stress better.

Getting started ...

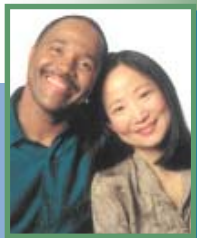
- Choose an activity you enjoy. If you find yourself getting tires of one activity, change to another.
- Start slow and only after checking with your doctor.
- Check your blood glucose level before and after you exercise. If it is low before you go, eat a snack to raise the blood glucose level.
- Carry something in your pocket to eat that contains sugar. Glucose tablets or hard candy are good choices. This will come in handy if blood glucose becomes too low during the activity.

Keeping going ...

- Exercise every day, if you can, and at the same time if possible.
- Wear cotton socks and good supportive shoes that fit.
- Check your feet for cuts, blisters, and red areas before and after each activity session.
- Drink water before, after, or during exercise to replace the water lost during the activity.
- Stop exercising and call your doctor if you start to have chest or leg pain.



Diabetes...
a new wave of life.



Reaching Your Blood Glucose Goal ... Tips to Great Diabetes Control!

- **Test your blood glucose.** Ask your health care provider when and how often you should test.
- **Take your diabetes medicine** as prescribed.
- **Treat low blood glucose quickly** with special tablets or gel made out of glucose.
- **Don't smoke.** Talk to your health care provider about ways to quit if you do smoke. **South Dakota Quit Line 1-866-SD- QUILTS (1-866-737-8487)**
- **Learn more about diabetes and diabetes self-care.**
- **Seek support from your family and friends, or join a diabetes support group.**
- **Write down your questions for your health care team.** Take them with you to each visit.
- **Ask for a hemoglobin A1c test** at least twice a year and know what the test results mean.
- **Ask for blood pressure, cholesterol and blood fat tests.**
- **Have your feet, eyes and kidneys checked** at least once a year or more often if you are having problems.
- **See your dentist at least twice a year.** Tell your dentist that you have diabetes.

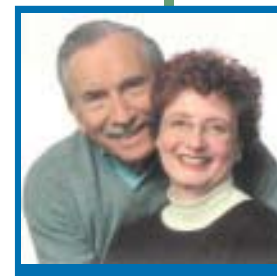
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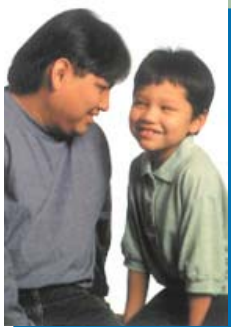
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Strive
for
BALANCE.
It's the
key
to
preventing
problems
from
DIABETES.



Meal Planning ... the Mission? Nutrition!



The food you eat raises your blood glucose. What, when and how much you eat affects how much the blood glucose increases. The more you know about what is in food, the better you will understand how it

affects blood glucose. This helps you make decisions about what, when and how much to eat.

Learning ways to balance food, diabetes medicines and activity helps to keep blood glucose levels in your target range.

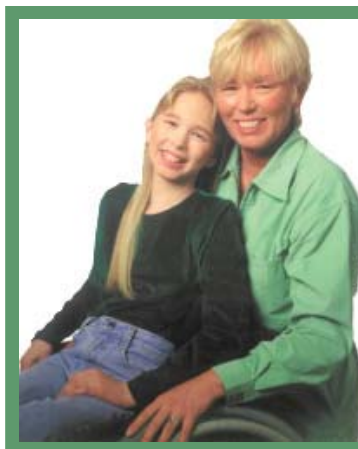
Your body needs all the nutrients (carbohydrates, protein, fat, vitamins, minerals and water) in the right amounts to keep your body in "top" shape. It uses the nutrients to repair itself, to fight diseases and to keep you feeling good. But too much carbohydrate can make the blood glucose go high, too much fat may lead to weight gain, heart and blood vessel disease, and too much protein may increase the chance for kidney problems. This is why your dietitian has advised you to eat a variety of foods from all the food groups. This helps you balance your food intake with the diabetes medicine that you are taking and with the physical activity that you are involved in order to control your blood glucose.

Your blood glucose goals may be different from these ideal goals. Ask your health care provider what goals are best for you.

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Monitoring... Know your Numbers

To control your diabetes, you must know your blood glucose numbers. Testing your blood glucose is the only way to know whether your blood glucose is too high, too low or just right.



Two Tests...

1. A **Finger-stick test** you do yourself using a blood glucose meter to measure your blood glucose at the time you test.
2. A **Hemoglobin A1c** measures your blood glucose control over the last 3 months. It is the best way to measure overall control.

Why two tests...

A **Finger-stick test** is a simple test you can do to check changes in your own blood glucose. Using the meter helps you see how food, physical activity, and diabetes medicine affect your blood glucose. The readings you get help manage your diabetes day by day or even hour by hour. Remember to keep a record of your results and take them to your doctor visits. Ideal goals for most with finger-stick testing using a meter are:

Before meals: 80-120 mg/dl
At bedtime: 100-140 mg/dl

The **Hemoglobin A1c test** is a simple lab test that your healthcare provider completes by taking a small sample of your blood and sends it to a lab. The Hemoglobin A1c test shows if your blood glucose is close to normal or too high. The Hemoglobin A1c test goal is less than 7 percent. A change in your treatment plan is almost always needed if your test result is over 8 percent.

Topics to review with your health care provider

	Date of Visit			
Weight (every visit) Target ____				
Blood Pressure (every visit) Target ____				
Foot Exam (every visit)				
Review Blood Sugar (every visit)				
HbA1c (every visit) Target ____				
Microalbumin (every year)				
Cholesterol (every year) Target ____				
Triglycerides (every year) Target ____				
HDL (every year) Target ____				
LDL (every year) Target ____				
BUN/Creatinine (every year)				
Dilated Eye Exam (every year)				
Dental Exam (twice a year)				
Immunizations (review every year)				
EDUCATION REVIEW				
Nutrition/Meal Plan				
Feelings/Stress Management				
Physical Activity				
Self Monitoring of Blood Sugar				
Medication Review				
Low/High Blood Sugar (symptoms & treatment)				
Sick Day Guidelines				
Smoking/Alcohol Consumption				
Diabetes Complications				
Diabetes Management Plan				